



A fresh name for a Heart Month tradition

Heart Month is in full swing, and there's still plenty to look forward to as we continue celebrating heart health across UT Southwestern.

New this year is a fitting change for the annual Step-A-Thon challenge: It's been renamed the **Thelma Morgan Step-A-Thon**, in recognition of longtime champion **Thelma Morgan**, a Clinical Lab Assistant (pictured above). After several consecutive wins, Thelma will still be participating this year but has opted out of prize eligibility so others can shine in the spotlight. (Throughout five different UTSW step challenges held since 2020, Thelma logged 813,880 steps – converted to miles, that's roughly the distance between Dallas and Lubbock!)

How to join:

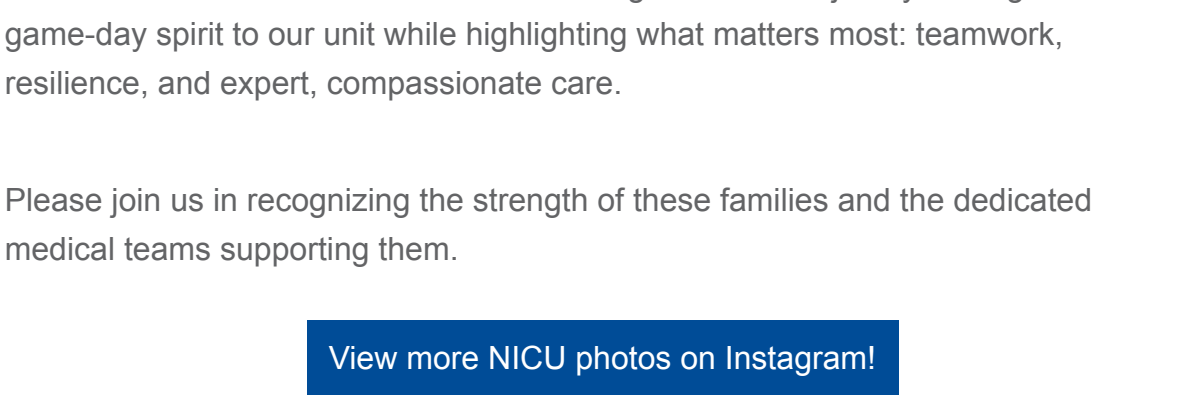
- From Feb. 13 through Feb. 15, track your steps with your app of choice, and save screenshots of your daily totals.
- Email the screenshots of your totals, along with any fun selfies or group photos, to heart@utsouthwestern.edu by 9 p.m. on Sunday, Feb. 15.

The participant with the highest three-day total step count will win a customized UT Southwestern fitness kit.

Note: Screenshots of your totals are required for eligibility.

Beyond the Step-A-Thon, our Heart and Vascular team has a full slate of activities planned in the weeks ahead, including a heart health fair, a farmers market, employee spotlights, and more. Visit the dedicated Heart Month page on [Campus Updates](#) for the latest information, employee spotlights, and ways to engage.

[More Heart Month happenings](#)



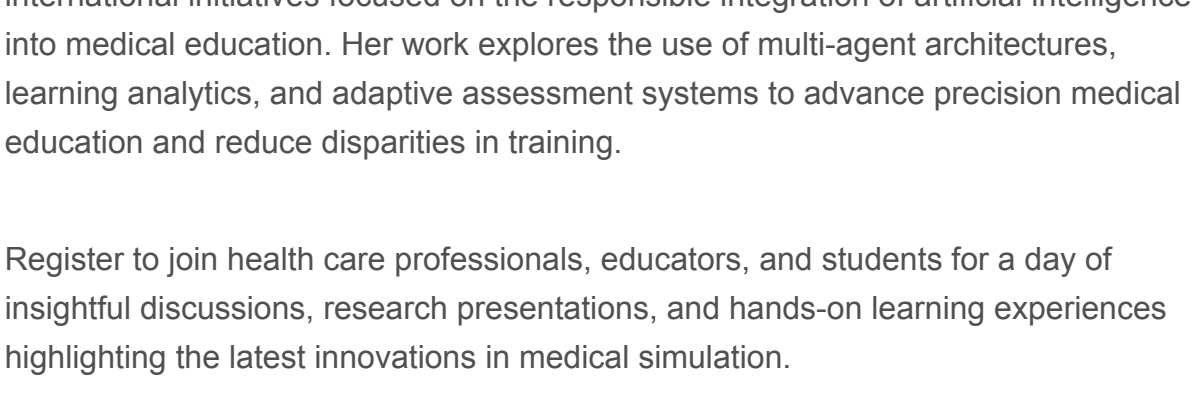
Suited up for Super Bowl Sunday

No matter which team you rooted for yesterday, the littlest warriors in the Neonatal Intensive Care Unit (NICU) were the true MVPs. As excitement built for the big game, our NICU babies sported team jerseys lovingly created by our UT Southwestern NICU nurses and staff.

Handcrafted Seattle Seahawks and New England Patriots jerseys brought a little game-day spirit to our unit while highlighting what matters most: teamwork, resilience, and expert, compassionate care.

Please join us in recognizing the strength of these families and the dedicated medical teams supporting them.

[View more NICU photos on Instagram!](#)



Join the conversation on AI and the future of medical training

The UT Southwestern [Simulation \(SIM\) Center](#) is excited to announce that registration is now open for the [Charles Morris Ginsburg Simulation-Based Quality Improvement and Research Forum](#), taking place April 22.

This year's keynote speaker is **Laurah Turner, Ph.D.**, Associate Dean for Artificial Intelligence and Educational Informatics and Associate Professor of Medical Education and of Biostatistics, Health Informatics and Data Sciences at the University of Cincinnati College of Medicine. Dr. Turner leads national and international initiatives focused on the responsible integration of artificial intelligence into medical education. Her work explores the use of multi-agent architectures, learning analytics, and adaptive assessment systems to advance precision medical education and reduce disparities in training.

Register to join health care professionals, educators, and students for a day of insightful discussions, research presentations, and hands-on learning experiences highlighting the latest innovations in medical simulation.

[Register and learn more about Dr. Turner](#)



Dig into these healthy and tasty recipes from Culinary Medicine

Are you in search of healthier meal options, but not sure where to turn for inspiration?

The UT Southwestern Culinary Medicine team has created an [extensive list of recipes](#) that are simple to make, nutritious, and satisfying to enjoy. Even better, the recipes align with our culinary medicine philosophy: They take 30 minutes or less to prepare, rely on affordable and accessible ingredients, and offer flexibility to fit a variety of dietary patterns, preferences, and health needs.

The recipe selections include breakfast, lunch, and dinner options, as well as desserts, appetizers, and an array of flavorful entrées, salads, and soups.

[Let's get cooking!](#)



Lunar New Year at UTSW: Traditions, community, and celebration

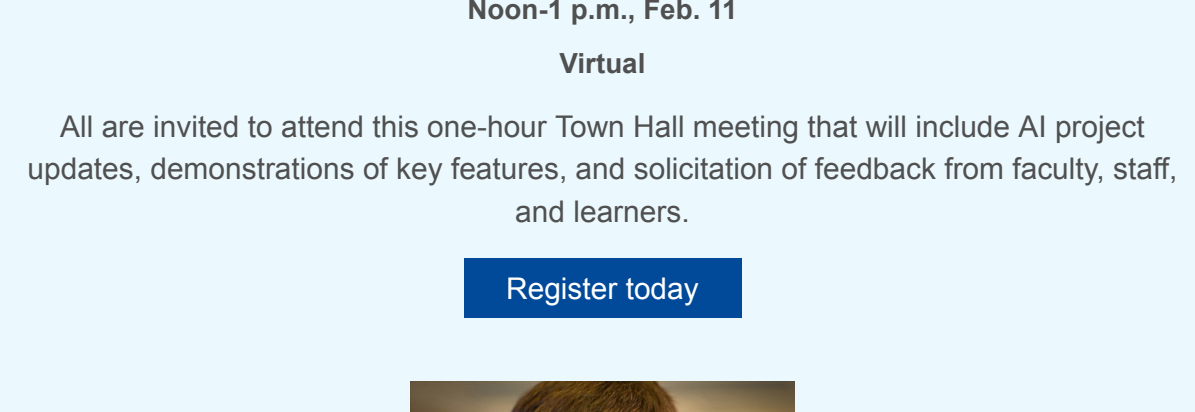
Celebrate the Year of the Horse with a Lunar New Year Celebration on Feb. 17, featuring cultural traditions and a festive luncheon.

The curated lunch menu, priced at \$10, will include crispy sesame chicken, Chinese pepper steak, vegetable lo mein, steamed rice, stir-fried vegetables, vegetable egg rolls, green tea, and almond cookies/dessert.

Lunch will be available at the Clements University Hospital Main Dining area from 11 a.m. until food is sold out. While you're there, stop by the Asian-Pacific Islander Alliance (APIA) BRG membership table to write a special wish for the Year of the Horse and hang it on the Lunar New Year Wishing Tree.

This celebration is hosted by the APIA BRG and Nutrition Services.

[Get the details and register](#)



Lane closures on Harry Hines Boulevard

From now until approximately March 16, various lanes on Harry Hines Boulevard will be closed north of Inwood Road due to a large project to extend campus power to our East Campus buildings. The expectation is that work performed from 6 a.m. to 9 p.m. will only require a single lane closure. However, expect multiple lane closures from 9 p.m. to 6 a.m. for overnight construction.

Insider Guide



Capra Interdisciplinary Healthcare Symposium

9 a.m.-noon, Feb. 11

Simmons Biomedical Research Building (NB), NB2.1A & B

This half-day symposium will engage the UTSW community to examine the role of virtual reality in interdisciplinary research collaboration.

[Program details](#)

Artificial Intelligence (AI) Town Hall

Noon-1 p.m., Feb. 11

Virtual

All are invited to attend this one-hour Town Hall meeting that will include AI project updates, demonstrations of key features, and solicitation of feedback from faculty, staff, and learners.

[Register today](#)

Biophysics Seminar Series: Amy Keating, Ph.D.

Noon-1 p.m., Feb. 19

T. Boone Pickens Biomedical Building (ND), ND8.218

Dr. Keating, Professor in the Departments of Biology and Biomedical Engineering at the Massachusetts Institute of Technology, will present "Searches in Protein Sequence and Structure Space."

[More on the seminar](#)

UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswwinsider@utsouthwestern.edu.

Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

This is an internal email and not intended for external distribution. Please do not forward.

© 2026 UT Southwestern Medical Center. All rights reserved. *UTSW Insider* is a publication of Communications, Marketing, and Public Affairs (CMPA) at UT Southwestern Medical Center.